

<p align="center">State of Alaska Sean Parnell Governor</p>	<p align="center">Alaska Workers' Compensation Division PO Box 115512 Juneau, Alaska 99811-5512</p>		
<p>Department of Labor and Workforce Development</p>	<p align="center">BULLETIN</p>	<p>Number 11-02</p>	<p>Date June 13, 2011</p>
<p align="center">Clark Bishop Commissioner</p>	<p>SUBJECT</p> <p>REFERENCE</p>	<p>Cost of Living Adjustment</p> <p>AS 23.30.175</p>	

Under AS 23.30.175(c), a cost of living adjustment (COLA) survey must be conducted once every three years. The attached 2011 COLA list will be in effect from January 1, 2011 to December 31, 2013.

If a recipient does not reside in a location listed on the attached COLA ratio list, you must use the cost-of-living ratio for the location nearest the recipient's residence. If the recipient lives in a location equidistant from two published locations, the ratio that results in the higher compensation rate must be used. The Division may request a COLA survey for an unlisted location upon written request explaining why the ratio for the nearest location is believed to be insufficient.

The Division contracted with Northern Economic Research Associates to produce this COLA survey. All requests for COLA ratios in unlisted areas must be forwarded to:

Division of Workers' Compensation
Attn: Administrative Manager
PO Box 115512
Juneau, AK 99811-5512

Effective November 7, 2005, a COLA "may not result in raising a recipient's weekly compensation rate to an amount that exceeds the weekly compensation rate that the recipient would have received if the recipient had been residing in [Alaska]". If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for a hearing, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

State	City	2011 Study	2011 Ratio
AL	GADSDEN	75.8	75.8
AR	BEEBE	68.7	68.7
AR	MASHALL	66.6	66.6
AR	ROYAL	76.6	76.6
AZ	BENSON	73.8	73.8
AZ	CHANDLER	83.7	83.7
AZ	GILBERT	83.2	83.2
AZ	GLENDALE	83.5	83.5
AZ	LAKE HAVASU CITY	81.8	81.8
AZ	MAYER	79.2	79.2
AZ	MESA	82.5	82.5
AZ	PEORIA	83.9	83.9
AZ	PHOENIX	83.7	83.7
AZ	PRESCOTT	82.6	82.6
AZ	SCOTTSDALE	83.7	83.7
AZ	ST JOHNS	77.9	77.9
AZ	TEMPE	78.9	78.9
AZ	TUCSON	78.3	78.3
AZ	YUMA	83.5	83.5
CA	ANAHEIM	115.0	100.0
CA	ARROYO GRANDE	88.8	88.8
CA	ATASCADERO	88.6	88.6
CA	CALEXICO	90.6	90.6
CA	CHULA VISTA	104.3	100.0
CA	CRESCENT CITY	83.8	83.8
CA	DELANO	81.2	81.2
CA	DENAIR	93.6	93.6
CA	DESERT HOT SPRINGS	92.3	92.3
CA	ESCONDIDO	99.6	99.6
CA	FERNDALE	91.0	91.0
CA	FRESNO	95.3	95.3
CA	GARDEN GROVE	115.5	100.0
CA	HUNTINGTON PARK	113.7	100.0
CA	JUNCTION CITY	86.1	86.1
CA	LATHROP	100.2	100.0
CA	LEMON GROVE	104.3	100.0
CA	MADERA	95.4	95.4
CA	MCFARLAND	80.8	80.8
CA	MURPHY'S	98.2	98.2
CA	NATIONAL CITY	109.5	100.0
CA	OAKDALE	93.6	93.6
CA	OAKLAND	111.3	100.0
CA	OCEANSIDE	104.3	100.0
CA	PALM SPRINGS	95.5	95.5
CA	RED BLUFF	84.8	84.8
CA	REDDING	89.3	89.3

State	City	2011 Study	2011 Ratio
CA	RIO VISTA	95.2	95.2
CA	SACRAMENTO	95.3	95.3
CA	SALINAS	99.6	99.6
CA	SAN BERNARDINO	95.4	95.4
CA	SAN DIEGO	109.0	100.0
CA	SAN FRANCISCO	131.9	100.0
CA	SAN JOSE	120.9	100.0
CA	SANTA BARBARA	118.3	100.0
CA	SANTA CRUZ	120.6	100.0
CA	SANTA ROSA	108.9	100.0
CA	SANTEE	109.0	100.0
CA	STOCKTON	93.9	93.9
CA	TECATE	90.2	90.2
CA	TEHACHAPI	84.2	84.2
CA	VENTURA	113.0	100.0
CA	WOODLAND	98.6	98.6
CO	AURORA	81.6	81.6
CO	BENNETT	76.9	76.9
CO	BRIGHTON	82.0	82.0
CO	COLORADO SPRINGS	75.3	75.3
CO	COMMERCE CITY	82.0	82.0
CO	DENVER	81.6	81.6
CO	GREELEY	75.4	75.4
CO	GUNNISON	83.0	83.0
CO	LITTLETON	81.4	81.4
CO	LONGMONT	81.8	81.8
CO	MANCOS	74.7	74.7
CO	OLNEY SPRINGS	68.5	68.5
CO	OURAY	86.9	86.9
CO	THORNTON	82.0	82.0
FL	BEVERLY HILLS	76.0	76.0
FL	COCOA	75.2	75.2
FL	GOULD	85.6	85.6
FL	ISLAMORADA	95.6	95.6
FL	JACKSONVILLE	78.4	78.4
FL	LUTZ	77.5	77.5
FL	MIAMI	92.2	92.2
FL	NAVARRE	78.9	78.9
FL	ORLANDO	79.7	79.7
FL	RIVERVIEW	77.5	77.5
FL	SEBRING	74.7	74.7
FL	SPRINGHILL	76.2	76.2
FL	ST AUGUSTINE	74.4	74.4
FL	ST. PETERSBURG	76.3	76.3
FL	THE VILLAGES	77.3	77.3
GA	FAIRBURN	73.0	73.0
HI	KAPAA	145.3	100.0

State	City	2011 Study	2011 Ratio
HI	WAIANAE	129.1	100.0
HI	WAIPAHU	132.5	100.0
IA	BONDURANT	75.2	75.2
ID	AMMON	72.6	72.6
ID	BOISE	78.9	78.9
ID	CHUBBUCK	72.6	72.6
ID	COCOLALLA	73.6	73.6
ID	COUER D'ALENE	77.1	77.1
ID	GARDEN CITY	77.9	77.9
ID	GLENNS FERRY	70.9	70.9
ID	GRANGEVILLE	70.9	70.9
ID	HAYDEN	77.1	77.1
ID	IDAHO FALLS	72.6	72.6
ID	KAMIAH	70.9	70.9
ID	KELLOGG	72.8	72.8
ID	KIMBERLY	72.0	72.0
ID	MOUNTAIN HOME	75.0	75.0
ID	OSBURN	72.8	72.8
ID	PINEHURST	72.8	72.8
ID	PRIEST LAKE	73.6	73.6
ID	RATHDRUM	76.0	76.0
ID	WEIPPE	70.9	70.9
IL	CHICAGO	102.0	100.0
IL	MT VERNON	75.0	75.0
IL	SPRING GROVE	87.4	87.4
KS	BALDWIN	74.9	74.9
KS	HALSTEAD	76.6	76.6
KS	MISSION	80.4	80.4
KS	WICHITA	74.6	74.6
KY	PIKEVILLE	72.2	72.2
MA	DEVENS	88.3	88.3
MA	SOUTHAMPTON	94.3	94.3
MA	WARE	88.4	88.4
MI	CADILLAC	74.9	74.9
MI	EAST LANSING	78.3	78.3
MI	HASTINGS	74.9	74.9
MI	MARYSVILLE	74.9	74.9
MI	MILAN	82.3	82.3
MN	ALEXANDRIA	78.7	78.7
MN	BEMIDJI	77.0	77.0
MN	COON RAPIDS	91.4	91.4
MN	DEER RIVER	76.7	76.7
MN	DULUTH	81.1	81.1
MN	FRAZEE	76.7	76.7
MN	GRAND RAPIDS	78.7	78.7
MN	MINNEAPOLIS	91.7	91.7
MN	ONAMIA	76.8	76.8

State	City	2011 Study	2011 Ratio
MN	TENSTRIKE	77.8	77.8
MO	KIMBERLING CITY	75.2	75.2
MO	RIDGEWAY	68.5	68.5
MO	STRAFFORD	71.9	71.9
MS	BRANDON	80.5	80.5
MS	BRAXTON	80.4	80.4
MS	GULFPORT	77.3	77.3
MS	LAKESHORE	77.3	77.3
MS	SOUTHAVEN	73.7	73.7
MT	ALBERTON	75.8	75.8
MT	BIG FORK	79.8	79.8
MT	BUTTE	74.3	74.3
MT	COLUMBUS	74.3	74.3
MT	CORVALLIS	74.7	74.7
MT	CROW AGENCY	73.1	73.1
MT	EUREKA	74.3	74.3
MT	GREAT FALLS	74.3	74.3
MT	HAMILTON	74.7	74.7
MT	KALISPELL	77.6	77.6
MT	LIBBY	73.2	73.2
MT	NOXON	76.5	76.5
MT	ST. REGIS	73.7	73.7
MT	TROY	73.2	73.2
NC	CONCORD	74.9	74.9
NC	GRANITE FALLS	75.3	75.3
NC	WINSTON SALEM	74.1	74.1
NE	SPARKS	71.1	71.1
NH	MERRIMACK	90.9	90.9
NJ	HOPEWELL	103.0	100.0
NJ	NEW BRUNSWICK	103.0	100.0
NJ	PARLIN	103.0	100.0
NM	ALBUQUERQUE	75.2	75.2
NM	ANTHONY	74.5	74.5
NM	CARLSBAD	75.4	75.4
NM	CONSEQUENCES	74.9	74.9
NM	LAS CRUCES	79.4	79.4
NM	LOS ALAMOS	84.5	84.5
NV	CARSON CITY	79.2	79.2
NV	ELKO	77.8	77.8
NV	LAS VEGAS	82.2	82.2
NV	NORTH LAS VEGAS	82.2	82.2
NV	PAHRUMP	78.4	78.4
NV	RENO	81.8	81.8
NV	SPRING CREEK	79.0	79.0
NY	FREEDOM	79.8	79.8
NY	LINDLEY	79.8	79.8
NY	MARIETTA	83.6	83.6

State	City	2011 Study	2011 Ratio
NY	MASTIC BEACH	131.7	100.0
NY	PELICAN	131.7	100.0
OH	FRANKLIN	78.5	78.5
OH	HAMILTON	78.4	78.4
OH	MT. VERNON	77.6	77.6
OH	NEWTON FALLS	74.1	74.1
OH	UNION	80.8	80.8
OK	LEXINGTON	71.2	71.2
OK	MCALESTER	71.8	71.8
OK	OLOGAH	70.9	70.9
OK	SHAWNEE	70.3	70.3
OK	TAHLEQUAH	70.8	70.8
OK	TULSA	73.8	73.8
OR	BEND	85.4	85.4
OR	COOS BAY	76.5	76.5
OR	DALLAS	82.5	82.5
OR	EUGENE	83.3	83.3
OR	GRANTS PASS	81.0	81.0
OR	HEBO	76.5	76.5
OR	HILLSBORO	87.7	87.7
OR	JEFFERSON	81.1	81.1
OR	JOHN DAY	73.0	73.0
OR	KLAMATH FALLS	74.7	74.7
OR	LA PINE	74.8	74.8
OR	MEDFORD	84.5	84.5
OR	MILTON-FREEWATER	71.3	71.3
OR	MYRTLE CREEK	76.6	76.6
OR	NEWPORT	80.0	80.0
OR	NORTH BEND	78.3	78.3
OR	PORTLAND	87.7	87.7
OR	ROSEBURG	78.3	78.3
OR	SALEM	79.6	79.6
OR	SCAPPOOSE	83.0	83.0
OR	SILVERTON	84.1	84.1
OR	SPRINGFIELD	83.3	83.3
OR	SUTHERLIN	85.4	85.4
OR	WALDPORT	76.5	76.5
OR	WARRENTON	77.4	77.4
OR	WINSTON	82.3	82.3
PA	BELLWOOD	76.5	76.5
SC	GREENVILLE	75.9	75.9
SC	RIDGEWAY	77.5	77.5
SD	CUSTER	77.6	77.6
SD	RAPID CITY	80.9	80.9
TN	LEBANON	76.1	76.1
TN	MEMPHIS	76.2	76.2
TN	NASHVILLE	77.0	77.0

State	City	2011 Study	2011 Ratio
TN	PARIS	75.6	75.6
TX	ABERNATHY	73.2	73.2
TX	ARCHER CITY	65.9	65.9
TX	AUSTIN	80.8	80.8
TX	BEDFORD	77.8	77.8
TX	BRONSON	75.3	75.3
TX	CHANDLER	72.9	72.9
TX	CORPUS CHRISTI	75.9	75.9
TX	DALE	75.5	75.5
TX	DALLAS	76.2	76.2
TX	FT. WORTH	77.8	77.8
TX	GRANBURY	76.5	76.5
TX	HOUSTON	76.4	76.4
TX	JEFFERSON	75.2	75.2
TX	LONE STAR	75.1	75.1
TX	ORANGE	78.1	78.1
TX	PARIS	72.1	72.1
TX	PLEASANTVILLE	76.4	76.4
TX	PORT ISABEL	69.0	69.0
TX	ROCKPORT	75.8	75.8
TX	SEABROOK	77.6	77.6
TX	TOMBALL	77.6	77.6
TX	VON ORMY	79.7	79.7
UT	LOGAN	77.4	77.4
UT	SALT LAKE CITY	79.7	79.7
UT	SCIPIO	68.7	68.7
UT	SYRACUSE	79.5	79.5
VA	CHATHAM	68.7	68.7
VA	ELLISTON	71.2	71.2
VA	FAIRFAX	111.9	100.0
VA	RUCKERSVILLE	78.7	78.7
WA	ANATONE	74.0	74.0
WA	BELLINGHAM	87.3	87.3
WA	BLAINE	84.3	84.3
WA	BOTHELL	87.7	87.7
WA	BREMERTON	83.1	83.1
WA	CASTLE ROCK	74.2	74.2
WA	CENTRALIA	74.2	74.2
WA	COLVILLE	72.7	72.7
WA	COULEE CITY	72.4	72.4
WA	DARRINGTON	74.5	74.5
WA	DEER PARK	75.0	75.0
WA	E. WENATCHEE	74.3	74.3
WA	EDMONDS	87.7	87.7
WA	ELLENSBURG	75.2	75.2
WA	EVERETT	87.5	87.5
WA	FORKS	72.5	72.5

State	City	2011 Study	2011 Ratio
WA	GIG HARBOR	85.7	85.7
WA	GRAHAM	85.7	85.7
WA	INDEX	74.5	74.5
WA	KENNEWICK	74.4	74.4
WA	LACEY	83.3	83.3
WA	LONGVIEW	74.3	74.3
WA	LYNNWOOD	87.7	87.7
WA	MARYSVILLE	87.3	87.3
WA	MILL CREEK	87.7	87.7
WA	MONROE	87.3	87.3
WA	MOUNT LAKE TERRACE	87.7	87.7
WA	NEWMAN LAKE	75.0	75.0
WA	NEWPORT	74.7	74.7
WA	OLYMPIA	83.4	83.4
WA	ONALASKA	76.0	76.0
WA	OTIS ORCHARDS	75.0	75.0
WA	PASCO	74.5	74.5
WA	PE ELL	74.2	74.2
WA	PORT ANGELES	74.4	74.4
WA	PORT ORCHARD	85.8	85.8
WA	PROSSER	74.5	74.5
WA	PT TOWNSEND	74.5	74.5
WA	RANDLE	76.0	76.0
WA	RENTON	87.7	87.7
WA	ROCHESTER	80.9	80.9
WA	ROY	83.1	83.1
WA	SEA TAC	84.8	84.8
WA	SEATTLE	87.5	87.5
WA	SELAH	74.4	74.4
WA	SEQUIM	74.5	74.5
WA	SHELTON	74.4	74.4
WA	SHORELINE	87.7	87.7
WA	SNOHOMISH	87.3	87.3
WA	SOAP LAKE	72.4	72.4
WA	SPOKANE	75.3	75.3
WA	SPOKANE VALLEY	75.3	75.3
WA	STANWOOD	84.4	84.4
WA	STARTUP	81.5	81.5
WA	TACOMA	86.1	86.1
WA	TUKWILA	84.8	84.8
WA	TULALIP	84.4	84.4
WA	TUMWATER	83.4	83.4
WA	VANCOUVER	76.2	76.2
WA	WARDEN	72.4	72.4
WA	YAKIMA	74.4	74.4
WI	ASHLAND	76.2	76.2
WI	MADISON	86.9	86.9

State	City	2011 Study	2011 Ratio
WI	MARINETTE	74.3	74.3
WI	SPARTA	75.9	75.9
WI	WHEELER	73.1	73.1
WY	JACKSON	84.2	84.2
WY	MEETEETSE	76.8	76.8
WY	PINEDALE	84.6	84.6
WY	ROCK SPRINGS	77.3	77.3
CANADA	SASKATCHEWAN	132.5	100.0
GERMANY	VOLKINGEN	105.5	100.0
MEXICO	MICHOACAN	60.4	60.4
NEW ZEALAND	UPPER MOUTERE	133.4	100.0
PHILIPPINES	QUEZON CITY	48.1	48.1